



Temperance Department.

IN FAVOR OF ABSTINENCE.

DR LIVINGSTONE

I have acted on the principle of total abstinence from all alcoholic liquors during more than twenty years.

GENERAL SIR MICHAEL DACRES

"Since I have become a Teetotaler, I have gone through great fatigue in hot climates I have crossed the Atlantic, come here to the Crimea, been exposed to disease and some discomfort, and I have never been sick, or had even a short attack of diarrhoea.

OLIVER GOLDSMITH

How far it may be enjoined in the scriptures I will not take upon me to say, but this may be asserted, that if the utmost benefit to the individual and the most extensive benefit to society serve to mark any institution as of heaven, thus of Abstinence may be reckoned among the foremost."

GENERAL SIR W F WILLIAMS THE HERO OF KARS

"I am indebted to a gracious Providence for preservation in very unhealthy climates but I am satisfied that a resolution early formed and steadily persevered in never to take spirituous liquors has been a means of my escaping diseases by which multitudes have fallen around me.

RICHARD COXEN

"Nobody has more faith than I have in the truth of the Teetotal doctrine, both in a physical and moral point of view. I have acted upon the principle that fermented and distilled drinks are useless for sustaining strength, and the more work I have had to do, the more I have resorted to the pump and tepid.

WILLIAM KRETTI

In the midst of a society where wine or spirits are considered of a more value than water, I have lived two years without either, and with no other drink than water except when I found it convenient to obtain milk.

THE SOLDIERS FRIEND

When in India I had more than once heard and read of Miss Sarah Robinson and her work amongst our soldiers, and had resolved that if I lived to return to England I would inquire more particularly into the matter.

When Miss Robinson was introduced to the meeting I saw a pale, slight, sickly-looking woman, her frame evidently enfeebled by illness, and her face marked with those unmistakable lines which tell of protracted suffering.

I do not think I ever heard anything more interesting more affecting and more instructive

than her speech. She told us what led her to undertake the work—spoils of her discouragements, her difficulties, her encouragements, and her final success. Reading in Portsmouth for the purpose of doing what she could for soldiers, her spirit like Paul's at Athens, was moved from day to day when she saw the evils by which she was surrounded.

Then she gave us an account of the arrival of troop ships from foreign stations, and the scenes that too frequently, or indeed invariably, follow in the streets of Portsmouth.

The regiments coming home from foreign service usually bring a good deal of money with them. A regiment will seldom have less than £3,000, generally more—some regiments that came from Abyssinia had eight or nine thousand pounds. Within a few days all this money is spent in Portsmouth in drink and debauchery.

These things pressed upon her mind so heavily that, at last, she felt something must be done, and that, if no one else would undertake it, she would herself. No one gave her any encouragement, on the contrary, every one, including those most favorable to the object she had in view, said that "her scheme was chimerical. In other places," they said, it might succeed, but in Portsmouth never.

Nothing daunted, she set herself to work, first, to devise and think out in its details a scheme for a Soldiers Home at Portsmouth, and then to give it an existence. When she laid her proposal before the army authorities, they consented to grant a piece of land for a site, and to supply the stone required for the building. This was conceded at first unconditionally. Afterwards, however, Government took alarm when it became known that Miss Robinson proposed that there should be religious teaching and services in her institution.

At the conclusion of the address I went up and introduced myself to Miss Robinson, as an officer much interested in her work, and in the account she had given of it. I was invited to come to Portsmouth, and see the Institute and judge for myself. This I was able to do a few days afterwards, and I will now endeavor briefly to relate what I saw there.

The Institute is situated in one of the main thoroughfares of Portsmouth, and near the Infantry Barracks. The house, or rather a

part of it, was formerly the Fountain Hotel. Two adjoining houses were subsequently acquired, communications were opened so as to throw them all into one, and the whole was fitted up, furnished and adapted for the use of the soldiers. I was shown over the place by Mr Tufnell, the intelligent superintendent, who has been an invaluable aid to Miss Robinson, and who takes an immense interest in the work. On the ground floor there are a reception room, where soldiers can receive their friends and relatives, both male and female—a kitchen where all the cooking is carried on—a bar where every kind of wholesome food and non-intoxicating drinks can be had at moderate prices, neatly and cleanly served—two billiard rooms, with excellent tables, one for the non-commissioned officers, and the other for the private. In regard to these I may mention that every one who plays must pay the charge is a penny a game to each player. The accumulated pennies received during the first year have been sufficient to pay the cost of the tables, and to provide other games. Betting at any game is strictly prohibited, and cards are not allowed.

In a retired part of the building there is the Bible-class room, well provided with religious publications, and there a religious meeting is held daily, conducted usually by an officer or some competent person, and sometimes by Miss Robinson herself. A notice of the meetings to be held during the week is posted up in several conspicuous places about the house. There is a suite of apartments intended for officers and their families, where they can be lodged and boarded quite as comfortably, and certainly more economically, than in any hotel, if they can make up their minds to do without wine or beer, for no relaxation is permitted of the rule which excludes all fermented liquors from every part of the Institute. The attics are devoted to dormitories and bath-rooms for soldiers and soldiers' families, and very clean and inviting they looked. In each bedroom there is washing apparatus and plenty of soap and fresh water.

Here a soldier on leave can find a clean and comfortable lodging for a night, or for as long as he likes, at a very moderate cost, and here the soldiers in garrisons can find their wives, or mothers, or sisters, or any female relation who may pay them a visit. But, as may readily be surmised, the accommodation for these purposes is very limited, and Miss Robinson has on hand a scheme for providing a set of lodging-houses to accommodate the female relations of soldiers who come to Portsmouth, as well as to take in those families of soldiers in the garrison for whom the Government provision is inadequate. Money only is wanted to bring this project to maturity. At the back of the Institute there is a large grass-plot, which has been converted into a bowling-green, at one side of this there is a skittle-alley, and at the end of it there is a large hall that can hold upwards of eight hundred people, where lectures, concerts, and penny-readings are given, and public meetings are held.

Thus it will be seen that the Institute, is very complete. It is, in fact, a well-ordered and economical club for soldiers, where they can spend their days and their evenings in quiet and comfort, with choice of rational amusements and intellectual pursuits, and where they are safe from the temptations of drunkenness and debauchery that are so abundantly and alluringly set forth for them in Portsmouth.

I was greatly struck with the evidence of practical good sense that pervades all the arrangements of the place. There is no show and no glitter, but everything about it, the furnishing of the rooms, the selection of the books and papers, the amusements, the arrangements of the bar, the rules of the house, all seem to show a complete understanding of the wants and ways and tastes of soldiers, and a strong common sense in dealing with them. Miss Robinson lays great stress upon teetotalism, and considers it to be a powerful instrument for the preservation of soldiers from all sorts of evil. It is hardly necessary to say that Miss Robinson's principal object in all her works is to win recruits to the service of her Divine Master, but her endeavors after this are put forward in a broad and sympathetic spirit, and are observable mainly in their results. The spirit of the whole is thoroughly catholic, all are welcome to come no matter what their creed or their denomina-

tion, the only condition imposed is, that every one who comes shall conduct himself with common propriety, and this condition is always fulfilled, and the soldiers themselves are the first to insist upon its observance.

At the end of the first year, that is, in September, 1875, no less than 2,740 soldiers or soldiers' relations and friends had received a night's lodging in the Institute; and the daily average number of men using the house was 160. Although, as above stated, teetotalism was not pressed upon any one, 196 men entered their names in a book kept in the bar for those who wished to take the pledge. There were 83 members of the mothers' meeting and sewing-class, and 110 members of the children's Wednesday meeting.

On the arrival and departure of troop-ships, the house was frequently filled with the families of soldiers, a large proportion of these being Irish Roman Catholics and nearly destitute. Stores of books and papers were sent on board the ships for the use of troops embarking on foreign service, and agents from the Institute went on board the troop-ships that arrived at Portsmouth, and invited the men to go there when they landed instead of to the grog-shops.—Colonel H D Taylor, in Sunday Magazine.

TEA OR TONNY—Dr. Francis writes to the Lancet: "May I be allowed to add my testimony in favor of cold tea as a beverage in all sporting and other excursions requiring sustained physical rigor? A few years ago, at the commencement of the hot season, I accompanied a civilian (a well-known Nimrod in that part of India) on a tiger-shooting expedition, extending over three weeks, in the Jopul forest, at the foot of the Himalayas. My friend, a man of keen nervous temperament, and in excellent health, had been recommended to always drink bottled bitter beer twice a day—at luncheon and at dinner—and he continued this practice in the forest. I drank nothing but cold tea throughout our trip. Every evening, shortly after dinner, my companion 'turned in' quite exhausted; whilst I withdrew to my own tent (we had our meals in his) and read or wrote, quite fresh, till midnight, rising at five the next morning, ready for another day's exertion. I could adduce from my own experience, extending over many years in a tropical climate, several other instances, showing that tea, where it is not contra-indicated, is in a location, one of the best beverages, if not the very best, we possess for assuaging thirst and maintaining nervous energy; its use not being followed, moreover, by the depression which, as a rule, succeeds that of alcoholic stimulants."

THE EVIL OF A PUBLIC PROBATIONARY INTEREST IN THE DRINK TRAFFIC.—A clergyman, who had labored several years as a missionary in the island of Ceylon, spoke of a very severe injury which the work had suffered by the introduction of the practice of fermenting the juice of the Palmyra tree "Formerly," he said, "this practice was not usual in the district in which I was located, but as a duty is levied on the fermented article, the Government officers have persuaded the natives to ferment the juice on the ground that it would yield a better profit, and I am sorry to say that it is making sad work amongst our people." There was a case in which the duty upon intoxicating drink, so far from operating as a restraint, was actually the direct means of promoting its manufacture and consumption.—Alliance News.

According to the London correspondent of the South Wales Daily News alcohol is going out of fashion with medical men, and milk is taking its place. That eminent physician, Dr. George Johnson, has discovered that an exclusive milk diet has a most remarkably curative effect upon persons suffering from Bright's disease. There seems some little doubt as to whether the milk should be skimmed or unskimmed, Dr. Johnson preferring the latter, Dr. Dakin the former.

Neal Dow favors more stringent penalties against the sale of liquors in Maine. He says the steps taken to diminish this traffic in other States have erred in making the punishment so trifling that the liquor dealers laugh at it. The political influence of the saloons often suffices to paralyze the hands of justice. General public sentiment has but little to do in really retarding prohibitive legislation. The true obstacle is the hold that the liquor interest has upon the average politician.

Vermont's new liquor law hit the nail on the head, providing that every place where liquor is sold as a beverage shall be declared a "common nuisance," and the keeper shall be fined \$700 or less, besides being forbidden to re-occupy the premises until he gives bonds not to offend again. We do not know how common in the Green Mountain State the "nuisance" referred to is, but wherever the grog-shop exists, it is, in the strictest meaning of the term, a "nuisance," and the State has a clear right summarily to abate it.